



North Dakota High School Coaches Association Official Publication

DAKOTA COACH

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2011 NDHSCA Convention is Ready!

Although the *Dakota Coach* is just being prepared and placed on the Website, the Convention preparations are complete and ready for the North Dakota Coaches. We have had some extraordinary complications in preparation due to floods, accidents, communications, and last minute conflicts.

However the Convention Schedule is complete and accurate as of today. The printed schedule is the most up-to-date schedule we have. North Dakota Coaches have always been able to adjust last-minute changes, regardless of the situation.

We emphasize the importance of every coach to attend the Advisory Planning sessions. These sessions have three major agenda items:

1. Replacement of vacant Advisory Committee Personnel.
2. Plan for hosting the 2012 NHSACA National Annual Meeting
3. Review 2010-2011 Advisory Committee Recommendations and the action of the NDHSCA Board of Directors to those recommendations.

Continued on page 4

National Winners from North Dakota

The 2011 NHSACA National Annual Meeting was held in Grand Rapids, Michigan on June 18th-22nd. North Dakota proudly stepped forward with about 20 attendants, many of who were award recipients.

On Tuesday, Leon House and Joe Howell were inducted into the NHSACA National Hall of Fame. They were great ambassadors for North Dakota as they were inducted and displayed their proud humility of such a grandiose moment.

Continued on page 6

Golf Changes Decision

Obviously, everyone is keeping close tabs on all the activities in Bismarck, the flood and specifically, our golf activities.

Because of the flooding of Riverwood, all golf activities will be held at Pebble Creek.

This is our only choice for a site since O'Leary is tied-up with two other tournaments and activities. The Mandan course is occupied by "women's day" or "men's day".

Continued on page 4

NDHSCA
2011
Convention Dates
July 26 - July 29

Mandan
Seven Seas

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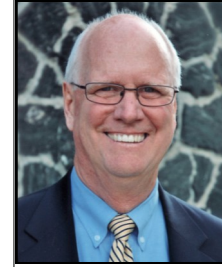


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President's Message - Summer 2011

Congratulations to all the spring sport state champions, Coach of the Year Winners, and Senior Athletes of the Year. Mother Nature played havoc on all spring sports and threw many different obstacles at administrators, coaches, and athletes.

My condolences go out to all that have been affected by the flooding throughout North Dakota this spring and summer. Many communities in North Dakota have been courageous in their flood fighting efforts.

The North Dakota High School Coaches Association summer convention is right around the corner. I encourage you to attend this great event in Mandan on July 26-29. We have many outstanding presenters lined up again this year and we will be recognizing many great coaches, athletes and administrators.

Please visit our website!

www.ndhsca.com

It has an updated look!

I would like to thank the executive board for all their efforts throughout the year. The association is one of the biggest and strongest in the country. Gelaine, Randy and John are the solid foundation of the NDHSCA and do whatever it takes to make things happen.

Enjoy the rest of the Summer with your family and friends and we will see you at the convention on July 26-29!



Dave Zittleman



**North Dakota High School
Coaches Convention
July 26-29
Seven Seas Best Western Hotel
Mandan, North Dakota**

**The NDHSCA is one
of the biggest and
strongest in the
country!**



**Your locally owned
Burger King Restaurants
are proud to sponsor the NDHSCA**



**Sponsor of the
Outstanding
Senior Athlete Awards**



2011 NDHSCA Assistant Coach of The Year - Spring

Sandy McKay of Hazen High School is the winner of the 2011 Spring Season Assistant Coach of the Year Award. Sandy has been coaching for 15 years. She has coached track and field as well as girls' basketball. Sandy has been an assistant coach in Hazen's Track and Field program for 10 years. Her coaching responsibilities include coaching the varsity javelin as well as assisting with the shot put and discus. Sandy also supervises the weight room.



Sandy McKay

Coach McKay assists with setting up track and field meets, helping set up sectors for the throwing events, finding meet workers, and running the javelin.

Coach McKay coached the State javelin champion this past spring. She has also coached numerous state placers throughout her coaching career. Coach McKay is a member of the North Dakota High School Coaches Association, Fellowship of Christian Athletes, Bison Boosters, and Our Saviors Lutheran Church. Sandy and her husband Jim have two children, Tyler and Lindsey.

Convention is Ready!

(continued from page 1)

4. Make recommendations and prepare items for recommendation for the Advisory Committee for 2011-2012.

In addition, NDHSCA will begin celebration of our 50th year of existence. We have invited all Past Presidents to return for presentation and recognition at the Banquet.

Of course balloting for future leadership takes place when the attending coaches will vote for a vice-presidential candidate. This is a significant action of the membership since Lisa Strand, Steven Dunrud or a "write-in candidate" will be a part of the NDHSCA Executive Committee for the next five years.

We also expect that a huge amount of time and effort will be extended to planning for the 2012 NHSACA National Annual Meeting. With Dave Dougherty as NHSACA President, the national Association has great preparation and will be more successful than ever. We as Dave's constituents have a responsibility and duty to support him in any way we can.

Please prepare for Mandan! Until we meet in Mandan, Good Luck!

Golf

(continued from page 1)

The golf committee evaluated the option of requesting a change to go to Hawktree; they were unanimous in their decision to avoid a huge increase in golf fee.

Golfers are well-acquainted with Pebble Creek and know that the course is only nine holes. We will still hold the scramble as a 18-hole contest, but will make changes in the tee box placement or other obstacles to prepare for a competitive contest. The Bismarck Parks personnel have been more than cooperative to consummate the arrangements for our golf scramble.

The Pebble Creek clubhouse, driving range and putting greens will be the site for our golf pros to bestow their knowledge on Wednesday to our golf coaches. The remaining presentations will be held at the Seven Seas on Thursday; the Thursday sessions will include the NDHSAA Advisory Committee review of the 2010-2011 recommendations and prepare for organizing suggestions for the 2011-2012 Advisory Committee recommendations.

NDHSCA urges all golf coaches to become active in Advisory Committee suggestions as well to become leaders in hosting the 2012 NHSACA National Annual Meeting.



The North Dakota High School Coaches Association has decided to provide a “**Gelaine Orvik Scholarship.**” The idea of this scholarship was brought to the NDHSCA Executive Board at the 2008 State Convention by Joe Howell. Gelaine Orvik is known as the Executive Secretary of the NDHSCA. He has also held this position on the National level. Gelaine has touched thousands of lives through his tireless effort and enthusiasm not only for we the coaches, but more importantly for student athletes. He is an outstanding role model, mentor, coach, teacher, person, and friend.

This scholarship will commemorate what Mr. Orvik has long stood for, helping students through scholarship. We would like to establish this fund so it will last a long time. In order to do this we are asking for donations. Any donation, no matter how big or small will assist us in accomplishing this goal.

Please feel free to give this information to a past member of the NDHSCA, or someone else you feel would be willing to contribute towards this scholarship. **Remember this donation is tax deductible. Please make checks payable to NDHSCA Gelaine Orvik Scholarship Fund.**

Please Print

Person Donating _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Work Phone _____ Cell Phone _____

E-mail Address _____

Amount of Donation _____ Date _____

Thank you for your generous offer!

PLEASE RETURN THIS FORM AND DONATION TO:

NDHSCA Office
3457 26th Avenue South
Fargo, ND 58103

PLEASE DETACH THIS BOTTOM PORTION FOR YOUR TAX RECORDS

NDHSCA Gelaine Orvik Scholarship Fund

Person Donating _____

Amount of Donation _____ Date _____

National Winners From North Dakota

(continued from page 1)



Leland Opp and Ralph Manley

On Wednesday afternoon, NDHSCA entertained all National COTY Finalists at a reception in their honor. NDHSCA Executive Committee personnel served as host for the day. Later at the National Awards Banquet, Dave Dougherty accepted the gavel to lead NHSACA for the next year. All NDHSCA Finalists received their plaques prior to the announcement of the National Coach of the Year in each sport.

North Dakota proudly recognized Ralph Manley, NDHSCA Swimming & Diving National Coach of the Year, and Leland Opp, Girls' Track & Field National Coach of the Year, when they were announced the Roughrider State proudly provided an arousing supportive response to the announcement for each of them.

Congratulations to Ralph and Leland; 2011 NHSACA National Coach of the Year Recipients!



Joe Howell and Leon House

CONGRATULATIONS!

JOE HOWELL AND LEON HOUSE
NHSACA

NATIONAL HALL OF FAME

LELAND OPP AND RALPH MANLEY
NDHSCA

COACH OF THE YEAR



Your locally owned
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-From the Executive Secretary's Desk

Obviously, every coach in North Dakota knows that this issue of *Dakota Coach* is very late---even ridiculously late! However, my decision was to post the *Dakota Coach* issues regardless of the timeline.

Of course we are all keeping our eyes on the Missouri! Our hearts bleed with every inundation of homes by the swelling Missouri River. We know, personally because we have gone through it in our own home, what flooding means. Then let us not forget the Souris in Minot. Oh, My, Goodness!

I have spoken to coaching friends in the city--some with flooded homes and some who live on the hill. Doyle Radke is about one-half mile from the levee and was not close to danger in 1969. However, that is not case today. As you know Radke, he is a competitor; he moved all he could to avoid loss to the overflowed levee. He still is trying his best to save all he could after five feet of water on the main floor. Now what? Well, I know he will succeed because of his competitive nature to overcome any and all obstacles.

I also know of Chipper Farrell's destruction when water was within inches of covering his entire home. He is also shaking his head with decision-making! But again, he will overcome this little trickle in his life because he is a coach, a survivor, a contender, and a rival to all complications.

I know that I have noted only two coaches and there are dozens more who are in Minot who are also fighting for their financial and professional lives. Remember them in our prayers and take a trip to Minot to assist them whenever you can!

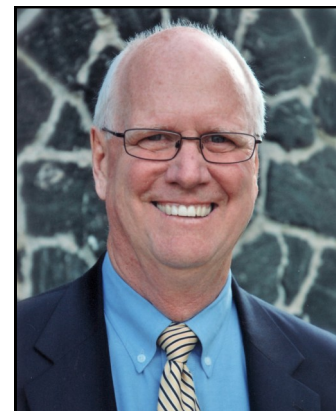
Our Association will initiate celebration of our 50th year of existence. We have marked the celebration with little things and big things. We will have little tokens to distribute to Convention Attendants. We have invited our Past Presidents and other leaders to be our guests for a special presentation at the Banquet. We are making effort to mark our history with additional recognitions of our Past Coach of the Year Recipients in each Sport. Note that we have a history of our past recipients on our website.

Another note on our website: Dave Zittleman has been astounding with his placing things on the website. We are trying our best to expand with as much history for every sport as possible. We have already placed the State's Best Performances in Track and Field for posterity. We know that if we have an error, the best way for the correction to be made is for individual coaches to contact us immediately. Zittleman's next goal is to expand player and coach performances. We will begin with All Time Winningest Coaches in specific sports. Wow! Keep an eye on our Website! And Thanks again, President Zittleman.

As most of you know, we will host the NHSACA Annual Meeting in 2012. David Dougherty is in the midst of some astounding plans. We as a state have entered into a challenging era! We have hosted the NHSACA Annual Meeting/National Convention twice, and the rest of the nation still looks at how our "little state" can pull off such a successful hosting. Well, we need everyone's help! Every coach needs to attend to prove to the nation that NDHSCA is indeed a "True State Association" with members centered on the continuing education and coaching preparation. Remember the potential to earn five semester credits from NHSACA and two semester credits from NDHSCA is enough to likely move you a lane horizontally on your salary schedule.

We will hold eleven Sports Advisory Committee Meetings at our convention. One of the major tasks is to center our discussion on developing a plan for the 2012 NDHSCA Coaches Convention and the hosting of the NHSACA Annual Meeting. Be in Mandan to assist with this!

Until we meet in Mandan, Good Luck!



Gelaine Orvik

Gelaine

2011 NDHSCA COACHES CONVENTION SCHEDULE

FINAL SCHEDULE



TUESDAY, July 26th

Coaching Seminars:

7:30-11:00 AM Registration Desk Open in SEVEN SEAS Foyer

8:00 Coaching Seminars

Room	Conflicts	"Dealing with Electronic Social Networking"	Jim Haussler; Bismarck HS
Room	Special Topics	"Building Mental Skills in Practice"	Mike Tully; Total Game Plan
Room	Speed/Strength	"Strength Training Fundamentals"	Jim Kramer; NDSU
Room	Beginning Coach	"Annual Preparations for the Beginning Coach"	Mitch Lunde/Peggy Person

9:00 Coaching Seminars

Room	Conflicts	"Building a Program for the Long Haul"	Mike Berg; Grand Forks Central HS
Room	Special Topics	"Coaching Fundamentals-NFHS"	Pete Moe; Washburn HS
Room	Speed/Strength	"Athletic Nutrition"	Jim Kramer; NDSU
Room	Beginning Coach	"Training the Assistant Coach"	Ralph Manley; Mandan HS

10:00 Coaching Seminars

Room	Conflicts	"Role-Modeling: For Coaches and Athletes"	Andy Braaten/Randy Johnson
Room	Special Topics	"Team Building with Ideas and Action"	Mike Tully; Total Game Plan
Room	Speed/Strength	"All Sports' Speed Development Training"	Steve Silvey; SSE
Room	Beginning Coach	"Concussions and the State Law"	John Vastag; Sanford Health
Room	Beginning Coach	"Concussion Management"	Don Bruenjes; Sanford Health

11:00 Coaching Seminars

Room	Conflicts	"Supplements for Muscle Mass & Strength"	Hank Lukaski; UND
Room	Special Topics	"Coaching Fundamentals-NFHS"	Pete Moe; Washburn HS
Room	Speed/Strength	"Athletic Nutrition"	Lisa Wojahn; Sanford Health System
Room	Beginning Coach	"So I Got the Job; Now What?"	Mike Berg; Grand Forks Central HS

NOON Room Seminar Luncheon (provided by NDHSCA)
Luncheon Speaker "Seven Secrets of World-Class Practice" Mike Tully; Total Game Plan
"Crazy-Proofing High School Sports" John Tufte; University of Mary

1:30 Coaching Seminars

Room	Conflicts	"Duties & Responsibilities to NDHSAA for All Coaches"	Sherm Sylling; NDHSAA
Room	Special Topics	"Coaching Fundamentals-NFHS"	Bradley Foss; Hazen HS
Room	Speed/Strength	"Super-Nutrition for All Athletes"	Steve Silvey; SSE
Room	Beginning Coach	"Being a Professional in Every Respect"	Gelaine Orvik; NDHSCA

2:30 Coaching Seminars

Room	Conflicts	"The Profession of Being a Coach"	Gelaine Orvik; NDHSCA
Room	Special Topics	"Annual Preparations for Coaches"	Mitch Lunde/Peggy Person
Room	Speed/Strength	"Fueling & Hydration for Performance"	Hank Lukaski; UND
Room	Beginning Coach	"A Beginner's Duties & Responsibilities to NDHSAA"	Sherm Sylling; NDHSAA

3:30 Coaching Seminars

Room	Conflicts	"Role-Modeling: For Coaches and Athletes"	Ron Wingenbach/Carolyn Olson
Room	Special Topics	"Coaching Fundamentals-NFHS"	Bradley Foss; Hazen HS
Room	Speed/Strength	"Speed & Strength Development @ South Border"	Jeremy St Aubin; S Border HS
Room	Beginning Coach	"First Aid and Care & Prevention of Injuries"	Bob Schulte; Bismarck Schools

WEDNESDAY, July 27th

7:30-11:00 am Registration Desk Open in SEVEN SEAS Foyer

8:30-Noon Convention Exhibit Hall Open

Special Note: Golf sessions at Pebble Creek will begin 8:30 AM and run without the 15 minute breaks! All Golf Coaches must register at the Seven Seas before arriving at Pebble Creek Golf Course.

2011 NDHSCA Coaches' Convention Schedule - (continued)

All Coaches are urged to attend sport specific "Advisory Review and Recommendation" Sessions!

WEDNESDAY, July 27th (Continued)

8:00 ROOM	SPORT	SPEAKER; SCHOOL	TOPIC
Room	Basketball	"Building a Defense/Team Defense"	Darin Mattern; Bismarck Century HS
Room	Football	"Miner Football"	Loy Ham & Staff; Beulah HS
Pebble Creek	Golf (8:30)	"Teaching with Technology"	Tim Doppler; Riverwood Golf Pro
Room	Track & Field	"Cutting Edge Hurdling"	Steve Silvey; SSE
Room	Volleyball	"Body Control + Ball Control=Error Free VB"	Jessica Andersen; Bismarck HS

9:15 ROOM	SPORT	SPEAKER; SCHOOL	TOPIC
Room	9-Man FB	"Building around Strengths of Your Roster"	Scott Strenge; Wyndmere-Lidgerwood HS
Room	Basketball	"Zone Defense: Philosophy & Drills"	Derek; Ouren; Fargo North HS
Room	Football	"Bison Team Scheme"	Craig Bohl; NDSU
Pebble Creek	Golf (9:30)	"Impact Position & Fixing Common Faults"	Jordan Berglund
Room	Soccer	"Strength and Conditioning for Soccer"	
Room	Track & Field	"Common Hurdle Errors"	Steve Silvey; SSE
Room	Volleyball	"Langdon Volleyball"	Rich Olson; Langdon HS
Room	Wrestling	"Offensive Defense from the Neutral Position"	Robin Ersland; Minot State University

10:30 ROOM	SPORT	SPEAKER; SCHOOL	TOPIC
Room	9-Man FB	"Read the Option; Defending the Spread"	Cory Davis; St John HS
Room	Basketball	"UND Basketball Scheme"	Nate Phillippe; UND
Room	Football	"Football 'Speed' Training"	Steve Silvey; SSE
Pebble Creek	Golf (10:30)	"Using 3-D Radar Launch Monitor"	Tim Doppler; Riverwood Golf Pro
Room	Soccer	"Panel Discussion on Key Topics"	
Room	Track & Field	"High Jump Skills"	Bruce Whiting; BW T & F Enterprises
Room	Volleyball	"Offense: Middle Attack & Out of System"	Kari Thompson; NDSU
Room	Wrestling	"Update for NWCA"	Mandy Antony (Spiekermeier) & Pat Tocci; NWCA Wrestling
Room	X-Country	"Coaching a Cross-Country <u>Team</u> "	Dennis Newell; University of Mary

11:45 ROOM	SPORT	SPEAKER; SCHOOL	TOPIC
Room	Basketball	"A Quality Parent/Player Handbook & Player Evaluations"	Dan Shultis; Fargo North HS
Room	Football	"Blue Hawk Passing Game"	Hank Biesiot; Dickinson State University
Pebble Creek	Golf (11:30)	"Teaching Skills to All Levels"	Ray Helphrey; Riverwood Golf Pro
Room	Soccer	"Teaching Fundamentals of the Game"	Tim Mueller; Bismarck St. Mary's HS
Room	Track & Field	"Progressive Training in Track & Field"	Dennis Newell; University of Mary
Room	Volleyball	"Basics of Serve Reception & Defense"	Kari Thompson; NDSU
Room	Wrestling	"Preparing Your Student-Athletes for College"	Robin Ersland; Minot State University
Room	X-Country	"Developing a Cross-Country Training Calendar"	Stu Melby; Minot State University

Noon Exhibit Hall Closes; Exhibitors' Lunch with NDHSCA Executive Committee in Room

12:45 ROOM	SPORT	SPEAKER; SCHOOL	TOPIC
Room	Basketball	"UND Basketball Scheme"	Nate Phillippe; UND
Room	Football	"Progressive Development of UND Sioux Football"	Chris Mussman; UND
Room	Soccer	NDHSCA Advisory Committee Review & Planning	NDHSCA Advisory Committee
Room	Track & Field	"Developing the Total Track & Field Athlete"	Steve Silvey; SSE
Room	Volleyball	"Thompson HS VB Program & Philosophy"	Lisa Strand; Thompson HS

1:30-3:30 NDHSCA Golf Scramble; must signup for Tee-Times at the Registration Desk; Only clinic registrants!

7:30-11:00 Convention Social (hors d'oeuvres & refreshments); Sponsored by Universal Athletics

THURSDAY, July 28th

7:30-11:00 AM Registration Desk Open in SEVEN SEAS Foyer

Special Note: The first & second Tennis sessions, on Thursday, will be held at Seven Seas; the afternoon sessions will be held at Capital Racquet Club, beginning at 1:00 PM.

8:30-2:00 Convention Exhibit Hall Open

2011 NDHSCA Coaches' Convention Schedule - (continued)

THURSDAY

8:00 ROOM	SPORT	SPEAKER; SCHOOL	TOPIC
Room	9-Man FB	"Things I Wish I Had Known 30 Years Ago"	Jon Bertsch; Wells County HS
Room	Basketball	"Leadership: What Has Worked for Me"	Mike Hanson; Grafton HS
Room	Football	"Defense, Defense"	Rod Oksendahl; Fargo Shanley HS
Room	Swim & Dive	NDHSCA Advisory Committee Review & Planning	NDHSCA Advisory Committee
Capital Racquet	Tennis	"Tennis Drills"	Paul Christen; Mandan HS
Capital Racquet	Tennis	"Tennis Drills"	Chad Anderson; West Fargo HS
Room	Track & Field	"Teaching the Discus"	Mark Murdock; Bismarck Century HS
Room	Volleyball	"Reflections & Lessons as a Head Volleyball Coach"	Melissa Wilson; Fargo North HS
9:15 ROOM	SPORT	SPEAKER; SCHOOL	TOPIC
Room	Basketball	"Central Knights' Competitive Drills"	Brent Hintz; Grand Forks Central HS
Room	Football	"Marauder Defensive Sets"	Myron Schulz; University of Mary
Room	Swim & Dive	"What Works for Minot HS Swimming & Diving"	Jake Solper; Minot HS
Capital Racquet	Tennis	"Teaching Tennis Skills at all Levels"	Shannon Larson; Capital Racquet Club Pro
Room	Track & Field	"Common Faults in the Shot Put"	Dennis Morris; Dickinson HS
Room	Volleyball	NDHSCA Advisory Committee Review & Planning	NDHSCA Advisory Committee
10:30	NDHSCA Annual Meeting (critical topics for balloting to be discussed)		
10:30-1:30	Exhibit Hall Closes during NDHSCA Annual Meeting		
Noon	Room	NDHSCA Hall of Fame Luncheon for Inductees (Past Presidents, Past Inductees & Executive Committee are invited to attend)	
1:00 ROOM	SPORT	SPEAKER; SCHOOL	TOPIC
Room	Basketball	"Player Development"	Jamie Berry; NDSU
Room	Football	"Defending the Option"	Rod Breitbach; Bismarck Century HS
Room	Golf	"Developing Junior Golfers/Drills for Practice"	Dean Kraft; Jamestown HS
Room	Softball	"Pitching Basics: Mechanics & Drills"	Brittany Weil; NDSU
Capital Racquet	Tennis	"Return of Serve Drills & Techniques"	Tim Wynne; Grand Forks Red River HS
Room	Track & Field	"The Horizontal Jumps"	Stevie Keller; NDSU
Room	Volleyball	"Rider Volleyball"	Carolyn Olson; Grand Forks Red River HS
Room	Wrestling	"Skills from the Down Position"	Clay Nagel; Concordia College
Room	X-Country	NDHSCA Advisory Committee Review & Planning	NDHSCA Advisory Committee
2:15 ROOM	SPORT	SPEAKER; SCHOOL	TOPIC
Room	Basketball	NDHSCA Advisory Committee Review & Planning	NDHSCA Advisory Committee
Room	Football	"Leadership, Motivation & Mental Toughness"	Patrick Metzger; Central Cass HS
Room	Golf	"Master Skills before Counting Score"	Perry Piatz; Kindred HS
Room	Softball	"Effective Base Running, In Spite of Speed"	Brittany Weil; NDSU
Room	Swim & Dive	"Building a Strong Foundation"	Loic Joseph; Bismarck Century HS
Capital Racquet	Tennis	"USTA Update/Info/Coaching Tips"	Haley Shibley; USTA Northern
Capital Racquet	Tennis	NDHSCA Advisory Committee Review & Planning	NDHSCA Advisory Committee
Room	Track & Field	"The Pole Vault"	Stevie Keller; NDSU
Room	Volleyball	"Individual Offensive Skills"	Dan Brown; UND
Room	Wrestling	"Skills for Control"	Clay Nagel; Concordia College
Room	X-Country	"Holistic Training/Mapping Your Season"	Dick Clay; UND
3:30 ROOM	SPORT	SPEAKER; SCHOOL	TOPIC
Room	Basketball	"Player Development"	Jamie Berry; NDSU
Room	Football	"Things I Learned at Shanley HS"	Steve Laqua; Minnesota State University @ Moorhead
Room	Golf	NDHSCA Advisory Committee Review & Planning	NDHSCA Advisory Committee
Room	Softball	NDHSCA Advisory Committee Review & Planning	NDHSCA Advisory Committee
Capital Racquet	Tennis	"Drills & Games"	Greg LaDouceur; Grand Forks Red River HS
Room	Track & Field	"Preparation for the 300 Hurdles"	Bob Zimney; Grand Forks Red River HS
Room	Volleyball	"Integrating Skills into Offensive Scheme"	Dan Brown; UND
Room	Wrestling	"Program Development"	Clay Nagel; Concordia College
5:30-6:30	NDHSCA AWARDS BANQUET RECEPTION AT SEVEN SEAS		
6:30	NDHSCA Hall of Fame & COTY Banquet		

2011 NDHSCA Coaches' Convention Schedule - (continued)

FRIDAY, July 29th

7:00-8:00

Fellowship of Christian Athletes gathering (Coffee & Rolls)

7:00-8:00 Swim & Dive "Gopher Drills and Techniques" Kelly Kramer; University of Minnesota

7:30-11:00 AM Registration Desk Open in SEVEN SEAS Foyer

8:30-NOON Convention Exhibit Hall Opens

8:00 ROOM SPORT SPEAKER; SCHOOL TOPIC

Room	Basketball	"Making Adjustments to Beginning a New Program"	Bart Manson; Fargo Davies HS
Room	Football	"Teaching Special Skills"	Eric Issendorf; Fargo South HS
Room	Softball	"Developing the Softball Swing"	Patrick Johnson; West Fargo HS
Room	Swim & Dive	"Gopher Drills and Techniques"	Kelly Kramer; University of Minnesota
Room	Track & Field	"Sprints and Starts"	Tim Jacobsen; Bismarck Century HS
Room	Volleyball	"Individual Offense"	Jon Hegerle; Jamestown College
Room	Wrestling	"Offense and Defense Leggs"	Tim Neumann; Wahpeton HS

9:15 ROOM SPORT SPEAKER; SCHOOL TOPIC

Room	Basketball	"Bismarck Century Drills"	Ron Metz; Bismarck Century
Room	Football	"Do's & Don'ts for Young Coaches"	Eric Olson; Milnor-North Sargent HS
Room	Softball	"Coaching against the Big Schools"	Fred Mueller; Minot Bishop Ryan HS
Room	Swim & Dive	"Things I do Differently"	Ralph Manley; Mandan HS
Room	Track & Field	"Relays and Exchanges"	Mike Thorson; University of Mary
Room	Volleyball	"Individual Defense"	Jon Hegerle; Jamestown College
Room	Wrestling	"Creating Angles for Takedowns"	Tim Neumann; Wahpeton HS
Room	X-Country	"The Runnin' Coyotes' Cross-Country Training"	Clint Chamberlin; Williston HS

10:30 ROOM SPORT SPEAKER; SCHOOL TOPIC

Room	9-Man FB	"Weeks of Prep for Roster FB & Philosophy"	Travis Olson; Richardton-Taylor HS
Room	Basketball	"NDSU Basketball"	Saul Phillips; NDSU
Room	Football	"Hazen Football Skills"	Rick Phillion; Hazen HS
Room	Softball	"Developing Pitchers"	Patrick Johnson; West Fargo HS
Room	Swim & Dive	"Gopher Drills and Techniques"	Kelly Kramer; University of Minnesota
Room	Track & Field	NDHSCA Advisory Committee Review & Planning	NDHSCA Advisory Committee
Room	Volleyball	"Developing your Blocking Scheme"	Ashley Hardee; UND
Room	Wrestling	NDHSCA Advisory Committee Review & Planning	NDHSCA Advisory Committee
Room	X-Country	"Maximizing Talent Potential"	Richard Anderson; Griggs County Central HS

11:45 ROOM SPORT SPEAKER; SCHOOL TOPIC

Room	Basketball	"DSU Defense & Special Plays"	Ty Orton; Dickinson State University
Room	Football	NDHSCA Advisory Committee Review & Planning	NDHSCA Advisory Committee
Room	Softball	"Teaching Infield Skills"	Bill Butterfield; Dickinson HS
Room	Track & Field	"The Javelin"	Tim Tandeski; Grand Forks Red River HS
Room	Volleyball	"Developing your Athletes"	Ashley Hardee; UND
Room	Wrestling	"Teaching Skills at Turtle Mountain Community HS"	Derrick Dixon; TMCHS

Noon Exhibit Hall closes; Exhibit Hall is locked!

12:45 ROOM SPORT SPEAKER; SCHOOL TOPIC

Room	Basketball	"Bison Drills"	Saul Phillips; NDSU
Room	Football	"Aggie FB: Use of Multiple Formations"	Larry Sandy; Velva HS
Room	Track & Field	"Coaching Track & Field in a Co-Op & Athletic.Net"	Bobby Hoffner; Maddock HS
Room	Volleyball	"Dynamic Practice Warm ups"	Jon Hegerle; Jamestown College

All College Credit Packets are to be mailed to Dr. Isrow in appropriate envelopes!

1:15 NDHSCA Executive Committee Meeting in Executive Room

END



North Dakota High School Coaches Association

Membership Registration 2011-2012

Please print!

Name _____ Cell # _____
 School _____ E-Mail Address _____
 Home Phone _____ Work Phone _____
 Home Address _____
 City/State/Zip Code _____

Membership:
 High School _____
 Junior High _____
 College _____
 Life _____
 Associate _____
 Cheerleading _____

In the A column, write **H** (head coach) or **A** (assistant coach) for the appropriate sport(s). In the second column, write your **2010-2011** record. In the third column, write your **lifetime** record for that sport. Records will be maintained as much as you provide information for Victory Milestones. **If you qualify for a Victory Milestone Award, you are expected to notify NDHSCA with a full listing of your record in that sport.**

	A	10-11 record	lifetime record		A	10-11 record	lifetime record
Athletic Director	—	—	—	Girls' Cross Country	—	—	—
Baseball	—	—	—	Girls' Golf	—	—	—
Boys Basketball	—	—	—	Girls' Hockey	—	—	—
Boys Cross Country	—	—	—	Girls' Soccer	—	—	—
Boys Golf	—	—	—	Girls' Softball	—	—	—
Boys' Soccer	—	—	—	Girls' Swimming & Diving	—	—	—
Boys' Hockey	—	—	—	Girls' Tennis	—	—	—
Boys Swimming & Diving	—	—	—	Girls' Track & Field	—	—	—
Boys Tennis	—	—	—	Gymnastics	—	—	—
Boys Track & Field	—	—	—	Strength	—	—	—
Football	—	—	—	Volleyball	—	—	—
Girls' Basketball	—	—	—	Wrestling	—	—	—

List Year(s) and Sport(s) of state championships coached. _____

Have you filed a Victory Milestones Form? _____

Number of years coaching completed (as of June 2012) _____

Membership Fee: \$55.00

Signature _____

Membership Fee includes **\$1,000,000 Liability Insurance Coverage** for **active coaches**; Association holds certificate of insurance.

I would like to donate to the Gelaine Orvik Scholarship Fund (Donation is tax deductible). Increase check with the appropriate amount; a receipt for the donation will be returned.

Coaches are urged to photocopy additional membership forms and solicit membership of other head and assistant coaches throughout each school district. – Thank you.

Proud to be a Member of the NDHSCA

Membership in the NDHSCA has the following benefits:

- \$1,000,000 Liability Insurance Coverage
- Subscription to our *Dakota Coach* newsletter
- Access to coaching openings in North Dakota
- Reduced admission to NDHSCA/NDHSAA Clinic during the year
- Free or reduced admission to many high school and college contests
- UND/NDSU football tickets for allotted number of coaches in reserved section (except Hockey)
- Eligibility for the full awards program of the NDHSCA
- Eligibility to serve on the Sports Advisory Committee
- Eligibility to serve on All-Star Coaching Staff
- Contacts that will allow opinions to be heard in the governing of each sport by the NDHSCA
- An organized group that keeps everyone in touch with developments across the state and nation
- An organization that is concerned with offering programs that will help improve coaches
- An organization that is attempting to maintain and improve athletic programs for North Dakota's youth.

The NDHSCA is here to serve. Always feel free to contact any officer or the Executive Director with a problem, suggestion, or complaint. Knowing the needs of coaches makes it possible for the NDHSCA to serve you better.

Membership deadlines: Fall-October 1 Winter-February 1 Spring-May 1

**Return form to: Karen Hardie; NDHSCA Membership Chair
 2472 Lilac Lane, Fargo, ND 58102**



NDHSCA Victory Milestones



Please help the NDHSCA keep your records current. Each coach must send their record at the completion of each season. If coaching more than one sport, complete each sport on a separate form. If you are completing the victory milestone for the first time, make sure to give your record for each year. Report only the highest level of coaching each season. Don't add coaching seasons together (ex. if a coach is coaching both jr. high boys basketball and varsity basketball, count only the varsity basketball record for that season). If coaching both varsity girls' and varsity boys' basketball, count each season

on separate forms and don't add together as one record. Under the new format for counting victories in certain sports such as track and field, cross country, tennis, golf, swimming, and gymnastics; the old records will need to be updated. Remember to keep each sport season separate and always report the highest level of coaching in each sport.

Mail completed form/s to: Gelaine Orvik; 3457 - 26th Avenue South; Fargo, ND 58103. Awards will be sent upon request after records are updated.

Procedure For Determining Won/Loss Records In An Invitational Meet:

- A. In an invitational meet, the teams that finish below you will count as victories, those that finish above you are losses. Any teams that you tie will count as a win.
 - B. Figure out the total number of teams you have competed against and what percentage of those teams were wins and losses.
 - C. Take the percentage of wins/losses from above and multiply it against the number of meets you participated in to arrive at your won/loss record for the season.
 - D. If this is not a whole number, victories will always be rounded down and losses will be rounded up. (Obviously, if your team has participated in ten meets during the year, your wins plus losses should equal ten.)
- Only meets in which three or more schools participate will count as an invitational.
 - Schools can still have a dual meet record that would remain the same along with a record for the invitationals they attend.

Sport	Cat. 1	Cat. 2	Cat. 3	Cat. 4	Cat. 5
Baseball	75	150	225	300	375
Basketball	100	200	300	400	500
Cross Country	50	100	150	200	250
Football	50	100	150	200	250
Golf	45	90	135	180	225
Gymnastics	45	90	135	180	225
Hockey	100	200	300	400	500

Sport	Cat. 1	Cat. 2	Cat. 3	Cat. 4	Cat. 5
Soccer	100	200	300	400	500
Softball	75	150	225	300	375
Swimming	50	100	150	200	250
Tennis	50	100	150	200	250
Track/Field	50	100	150	200	250
Volleyball	150	300	450	600	750
Wrestling	75	150	225	300	375

- It will be up to the individual coaches to determine their records from past years and update wins or revise their victory milestone forms.

NDHSCA Victory Milestone Record Sheet

Name _____ Date _____

E-Mail _____

High School _____

Coaching Position _____

Address _____ City/State/Zip Code _____

Membership: High School _____ Associate _____ Junior High _____ Life _____

Example:

Meet 1	11 teams	7 wins	4 losses
Meet 2	4 teams	0 wins	4 losses
Meet 3	6 teams	6 wins	0 losses
Meet 4	5 teams	4 wins	1 loss
<u>Meet 5</u>	<u>7 teams</u>	<u>5 wins</u>	<u>2 losses</u>
Totals	5 meets	33 teams	22 wins 11 losses

Winning % equals 22/33 = 67% 5 meets x .67=3.35
 Losing % equals 11/33 = 33% 5 meets x .33 = 1.65
 Your record for the season would be 3 wins and 2 losses for invitationals.

Year	School	Sport	Varsity	JV	JH	Won/Loss	Overall Record
1.	_____	_____	_____	_____	_____	_____	_____
2.	_____	_____	_____	_____	_____	_____	_____
3.	_____	_____	_____	_____	_____	_____	_____
4.	_____	_____	_____	_____	_____	_____	_____
5.	_____	_____	_____	_____	_____	_____	_____
6.	_____	_____	_____	_____	_____	_____	_____
7.	_____	_____	_____	_____	_____	_____	_____
8.	_____	_____	_____	_____	_____	_____	_____
9.	_____	_____	_____	_____	_____	_____	_____
10.	_____	_____	_____	_____	_____	_____	_____
11.	_____	_____	_____	_____	_____	_____	_____
12.	_____	_____	_____	_____	_____	_____	_____
13.	_____	_____	_____	_____	_____	_____	_____
14.	_____	_____	_____	_____	_____	_____	_____
15.	_____	_____	_____	_____	_____	_____	_____



North Dakota High School Coaches Association

Lifetime Membership Application

To purchase a Lifetime Membership the prospective coach must have been:

An NDHSCA Member for 20 years.

An active high school coach for at least 25 years either in North Dakota or another state.

Lifetime Membership may be purchased for a one-time fee of \$300.

Such Lifetime Membership will carry all Active Membership benefits (including \$1,000,000 Liability Insurance coverage, effective with 2009-2010 Membership Year).

A Lifetime Member relinquishes voting and office holding privileges if a member is no longer an active coach.

Name _____ Cell # _____

School _____ Email Address _____

Home Phone _____ Work Phone _____

Home Address _____

City/State/Zip code _____

Number of years coaching completed (as of **June 2011**) _____

Number of years NDHSCA Member (as of **June 2011**) _____

Fee: \$300 Include the fee with this application.

**Mail fee and application to: Gelaine Orvik
NDHSCA Executive Secretary
3457 26th Avenue South
Fargo, ND 58103**

* * * * *

Lifetime Members are found the next page



Paid Life Members

Aardahl, Vern; Milnor HS	Hanson, David; St. Thomas HS	McCleary, Barry; Napoleon HS
Amundson, Greg; Mandan HS	Hanson, Donald C.; Mandan HS	Mitzel, Frank; Minto HS
Anderson, Brian; Watford City HS	Hardie, Rodney; Fargo South HS	Nagel, Lee; Wahpeton HS
Anderson, Darryl; Mandan HS	Hauge, John; Bottineau HS	Olson, Douglas; Beulah HS
Benson, Ron; Mott-Regent HS	Hausler, Jim; Bismarck Schools	Olson, Linette; Bismarck Century HS
Berg, Mike; Grand Forks Central HS	Hertel, Dale; Fargo South HS	Omdahl, Chad; Hatton-Northwood HS
Bettenhausen, LeRoy; Watford City HS	Horner, Dennis; Midway HS	Opdahl, Mike; Larimore HS
Brackenbury, Wayne; Mohall-Lansford-Sherwood HS	House, Leon; Mandan HS	Overby, Dennis; Northwood HS
Brenner, Henry; ND School for the Deaf	Hutchison, Donna; Grand Forks Red River HS	Schauer, Gary; Langdon HS
Buen, Gene; Velva HS	Hutchison, John; Northwood HS	Schatz, Mike; New England HS
Burckhard, Richard; Parshall HS	Hutchison, Lonny; Northwood HS	Schmitt, Dan; Dakota Prairie HS
Callahan, Mike; Minnewaukan HS	Jaeger, Kerry; Grand Forks Red River HS	Schreiner, Vernon; Minto HS
Carlson, Ron; Minnewaukan HS	Jensen, Julie; Kindred HS	Shirley, Marney; Jamestown HS
Carlsrud, Dave; NDHSAA	Jeske, James; Killdeer HS	Sluke, David; Grafton HS
Cornell, Rick; Grand Forks Schroeder JHS	Johnson, Wayne; Rolette HS	Snortland, Keith; Warwick HS
Dew, Jim; Valley City State College	Kerlin, Don; Mayville/Portland-C/G HS	Solberg, Sheryl; NDHSAA
Disher, Ken; Minot HS	Kjelgaard, Harold; Fargo Discovery JHS	Sorensen, Chris; Hazen HS
Dixon, Derrick; Turtle Mountain Community HS	Kleveland, David; Central Valley HS	Stanley, Len; Bismarck State College
Dockter, Dwight; Hope-Page HS	Krosbakken, Jerry; Fargo North HS	Strand, Fred P.; Hatton-Northwood HS
Fish, Frank; Watford City HS	Larson, Nancy; DesLacs-Burlington HS	Suelzle, Tom; Watford City HS
Fjeld, Greg; Minot HS	Lehman, Cory; Fargo South HS	Towers, Ken; Grand Forks Red River HS
Folstad, Collette; West Fargo HS	Leier, Dwight; Maddock HS	Trieglaff, Robert; Fargo North HS
Gabrielsen, Thomas; Grand Forks Red River HS	Loberg, Myron; Devils Lake HS	Vigen, Randy; Central Valley HS
Gadberry, Ron; Hillsboro HS	Lockwood, Ed; Fargo Public Schools	Waldal, Bob; Beach HS
Haggin, Barry; Divide County HS	Lyon, Jerry; Minot HS	Walhaug, Gary; Surrey HS
Halland, Joan; Kindred HS	Maclver, Philip; Wahpeton JHS	Walker, Larry; Killdeer HS
Hammer, Dennis; Grafton HS	Mailloux, Gary; Fargo North HS	Wheeling, Bob; Killdeer HS
Handt, Dave; Litchville-Marion HS	Marsh, John; Fargo South HS	Wilson, Jerry; Bismarck Century HS
	Marshall, Joel; Hazen HS	Zimney, Bob; Grand Forks Red River HS
	Martin, Phil; Lisbon HS	◇

Past Presidents

Bertsch, Jonathan; Wells County HS	Popp, Jerry; Bowman HS
Beyer, Ed; Hillsboro HS	Radke, Doyle; Minot HS
Brown, Dale; Minot Ryan HS	Rio, Ken; Grand Forks Central HS
Cahill, Bill; Jamestown HS	Sheldon, Jerry; Fargo North HS
Coleman, Randy; Hazen HS	Stavn, Julie; Bismarck Century HS
Dougherty, Dave; Watford City HS	Stein, Bruce; Hankinson HS
Feeney, Bob; Bismarck HS	Stone, Roger; Dickinson HS
Gambucci, Serg; Grand Forks Central HS	Theige, Howard; Minot HS
Herman, Curt; Dakota Prairie HS	Trondset, Dennis; Langdon HS
Johnson, Randy; Hazen HS	Tidd, Nancy; Fargo North HS
Manson, Gene; Minot HS	Vinger, Dick; Grand Forks Central HS
Michaelson, Dave; Dickinson HS	Wall, Carl; Fargo North HS
Moe, Pete; Washburn HS	Wardner, Richard; Dickinson HS
Olson, Carolyn; Grand Forks Red River HS	West, Terry; Grand Forks Red River HS
Olson, Todd; Grand Forks Central HS	Wingenbach, Ron; Bismarck Century HS
Oskendahl, Rod; Cavalier HS	Workman, Allyn; Lisbon HS
Pederson, Harold; Williston HS	

Lifetime Members

Bilkre, Marcy; Minot HS	King, Bob; Valley City HS
Farrell, Chipper; Minot HS	Orvik, Gelaine; Fargo South HS
Kalgaard, Dick; Bismarck Schools	

NEW

Camp Insurance For Members

General Liability Coverage - \$1,000,000 Limit per Member

As a membership benefit of your state coaches association you are covered for all coaching activities. General Liability provides coverage to members from claims made by negligent acts accidentally committed resulting in bodily injury, personal and advertising injury or property damage to others.

Participant /Accident Coverage - \$25,000 Excess Medical Limit

Members have the option of providing participant/accident coverage for participants attending camps. Should an accident occur during a camp this coverage could help off-set the loss suffered by families affected by such accidents.

Certificates of Insurance

Today, most schools and athletic venues require coaches to provide proof of insurance or need to be named as an additional insured prior to utilizing their facilities. Upon request, certificates of insurance are issued by Loomis & LaPann Inc.

Enrollment Procedures & Questions

For additional information on coverage's, Participant/Accident enrollment procedures and Certificates of Insurance please contact Loomis & LaPann Inc. at 800-566-6479 or visit us online at: www.loomislapann.com

Kevin Joyce kjoyce@loomislapann.com

Karen Boller kboller@loomislapann.com

Greg Joly gjoly@loomislapann.com



FORMS

Available on the NDHSCA Website

**Search "NDHSCA" or enter
*www.ndhsca.com***

All State Football Nominee

Assistant Coach of the Year

Award of Merit Recommendation

Hall of Fame

Junior High Coach of the Year

Lifetime Membership Form

Membership Form

Victory Milestones

Senior Scholarship - Burger King \$500

Shrine Football Nominee

Special Recognition

Sponsor Membership

Sports Advisory Committee Membership



Sponsor Membership Form

- The North Dakota High School Coaches Association is a non-profit organization that is concerned with supporting athletic programs which benefit the youth of North Dakota.
- The NDHSCA is an organization that offers programs to help coaches keep in touch with new developments in athletics and coaching as well as attempting to maintain and improve athletic programs in North Dakota. Financial help is needed to support the award programs, the state convention, and the various all-state contests sponsored by the NDHSCA.
- All sponsor members receive a plaque from the NDHSCA to show its appreciation as well as being listed on the sponsor page in the *Dakota Coach*.

NDHSCA Sponsor Membership Fee: \$100.00

Firm's Name _____

Address _____

City/State/Zip Code _____

Phone Number _____

Was the firm previously a Sponsor Member? _____

If yes, what years? _____

Signature of Authorizing Personnel _____

Would you like additional plaques? (available at \$10 per plaque) How many? _____

Name of Soliciting Coach _____

Address _____

City/State/Zip Code _____

Email Address _____

Please mail completed form and check to: **Gelaine Orvik, Executive Secretary NDHSCA**
3457 - 26th Avenue South
Fargo ND 58103

NDHSCA Sponsor Members 2010—2011

ENIVA	Dave Larsen	844 Greensview Ct NW	Hutchinson, MN 55350
Gerrells Sports Center	Brad Westrum	1004 South Washington	Grand Forks, ND 58201
Gerrells Sports Center	Mark Wookrow	1004 South Washington	Grand Forks, ND 58201
Graphic Edge	John Steichen	743 Highway 30 East	Carroll, IA 51401
Greg Larson Sports	Tom Piche	Box 567	Brainerd, MN 56401
Italian Moon Pizza	Brad Towers	810 South Washington Street	Grand Forks, ND 58201
Marcil Technologies	Scott Eggiman	3003 32 nd Ave South	Fargo, ND 58103
U S Army	Michael Robinson	4301 57 th St W; Suite 151	Sioux Falls, SD 57108
Universal Athletic Service	Travis Dressler	1031 West Owens Ave.	Bismarck, ND 58051
WRT, Inc. Wendys	Ken Towers	3760 32 nd Avenue South	Grand Forks, ND 58201

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Coaches Association**



North Dakota High School Coaches Association Official Publication

The *Dakota Coach* is the official publication of the NDHSCA and is distributed without charge to all NDHSCA members in good standing. Notes, articles, opinions, or letters to the editor are welcome if they deal with high school coaching concerns. They will be printed as space permits. Opinions and views of the authors are their own and do not always reflect the official position of the NDHSCA.

Send to Gelaine Orvik - gorvik@cableone.net

or to any of the members of the Executive Board.

See page 2 for e-mail and mailing addresses or phone numbers



**North Dakota
High School Coaches
Association & POWERade**

Outstanding Senior Athlete Award

